

Full Report (All Nutrients) 45107657, ZATARAIN'S, CREAMY CAJUN STYLE PASTA, UPC: 071429012516

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	297.0 g 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	419	141
Protein	g	--	--	21.00	7.07
Total lipid (fat)	g	--	--	16.01	5.39
Carbohydrate, by difference	g	--	--	48.00	16.16
Fiber, total dietary	g	--	--	2.1	0.7
Sugars, total	g	--	--	10.99	3.70
Minerals					
Calcium, Ca	mg	--	--	199	67
Iron, Fe	mg	--	--	2.70	0.91
Sodium, Na	mg	--	--	900	303
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.4
Vitamin A, IU	IU	--	--	1001	337
Lipids					
Fatty acids, total saturated	g	--	--	7.009	2.360
Fatty acids, total trans	g	--	--	1.515	0.510
Cholesterol	mg	--	--	45	15

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, BLACKENED SEASONED GRILLED CHICKEN TENDERS (CHICKEN TENDERS, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), HALF AND HALF (MILK, CREAM), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA &

BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), SWEET DAIRY WHEY, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), CHEESE FLAVORS (A DEHYDRATED BLEND OF PARMESAN AND ROMANO CHEESES [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, PARTIALLY HYDROGENATED SOYBEAN OIL, SODIUM PHOSPHATE, SALT), HEAVY CREAM SAUCE (SHORTENING POWDER [PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE AND MONO AND DIGLYCERIDES], CORN MALTODEXTRIN, MODIFIED CORN STARCH, DEHYDRATED SWEET CREAM [PASTEURIZED SWEET CREAM, SKIM MILK SOLIDS, SODIUM CASEINATE, SOY LECITHIN, BHT], SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, BHT], NATURAL BUTTER FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE), GREEN ONIONS, NONFAT DRY MILK, DRY BUTTERMILK, MODIFIED CORN STARCH, CANOLA OIL, CORN MALTODEXTRIN, PAPRIKA, SEA SALT, YEAST EXTRACT, PARSLEY FLAKES, GRANULATED GARLIC, SPICES, DEXTROSE, GRANULATED ONION, XANTHAN GUM, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), SUGAR. *Date Last Updated by Company: 05/16/2016*